FINANCIAL AND STRESS MANAGEMENT

- NCC(SW) PATTERSON

- REFERENCES:
- BMR CHAPTER 17

FINANCIAL

- List three types of pay: THESE ARE TAXABLE
  - Basic , Special, and Incentive pays .
- Types of allowances: THESE ARE NOT TAXABLE
  - BAH, FSA, Clothing and others.
- Travel allowances:
  - DLA, TLA, TLE and mileage/shipment allowances.

FINANCIAL MANAGEMENT

- Q. PERSONNEL RECEIVE LONGEVITY (LENGTH OF SERVICE) PAY AFTER HOW MANY YEARS OF SERVICE?
- A. EVERY 2 YEARS OF SERVICE (REMEMBER E1-E2 DON'T RECEIVE IT AND E-3 ONLY AFTER 4 YEARS)

FINANCIAL MANAGEMENT

- REMEMBER SPECIAL PAY IS FOR SPECIAL CIRCUMSTANCES
- SOME ARE REENLISTMENT (SRB) OR TYPE DUTY
- Q. WHAT ARE SOME OTHER FORMS OF SPECIAL PAY?
- A. FOREIGN DUTY, SEA DUTY, MEDICAL DUTY, HOSTILE FIRE, DIVING

FINANCIAL MANAGMENT

- UNIFORM/CLOTHING ALLOWANCE IS PAID ANNUALLY ON YOUR ANNIVERSARY DATE OF ENTERING SERVICE.
- BAS-CAN DEPEND ON LOCATION
- NO GOVERNMENT MESS YOU WILL RECEIVE BAS

FINANCIAL MANAGEMENT

- BAH-ALL ARE ENTITLED NOW IF YOUR SHIP AUTHORIZES. BASED ON YOUR PAYGRADE.
- Q. OTHER ALLOWANCES CAN INCLUDE?
- A. COLA, FAMILY SEPARATION

FINANCIAL MANAGMENT

- Q. GIVE ME SOME EXAMPLES OF ALLOTMENTS…
- A. C = CHARITY, D = DEPENDANT,
- H = HOUSING, S = SAVINGS
- ****YOU ARE RESPONSIBLE FOR YOUR PAY, IF YOU ARE OVERPAID, SAVE THE MONEY, NOTIFY DISBURSING, YOU WILL HAVE TO PAY IT BACK****

FINANCIAL MANAGMENT

- VOLUNTARY ALLOTMENTS ARE THE ONES JUST LISTED.
- INVOLUNTARY ALLOTMENTS INCLUDE: GARNISHMENT OF PAY, **INDEBTEDNESS**

YOUR LES

- LIST ARTICLES SUCH AS
- LEAVE-30 DAYS PER YEAR,
- LIBERTY IS NOT ON YOUR LES
- CONVALESSCENT LEAVE IS NOT CHARGED TO YOUR REGULAR LEAVE
- Q. WHAT IS THE FORM NUMBER FOR A LEAVE REQUEST?
- A. NAVCOMPT FORM 3065

FINANCIAL MANAGEMENT

- CHECKING ACCOUNTS-YOUR RESPONSIBILITY
- Q. WHAT ARTICLE OF THE UCMJ PROHIBITS YOU FROM WRITING A CHECK FOR WHICH YOU HAVE NO FUNDS.
- A. ARTICLE 123A

FINANCIAL/STRESS MANAGEMENT

- NOTE:
  - SPECIAL LIBERTIES, NOT ON LES ARE AS FOLLOWS:
    - THREE DAY LIBERTY--THREE FULL WORKING DAYS
    - FOUR DAY LIBERTY--SHOULD INCLUDE TWO NON WORK DAYS. EX: THURSDAY EVENING TO TUESDAY MORNING

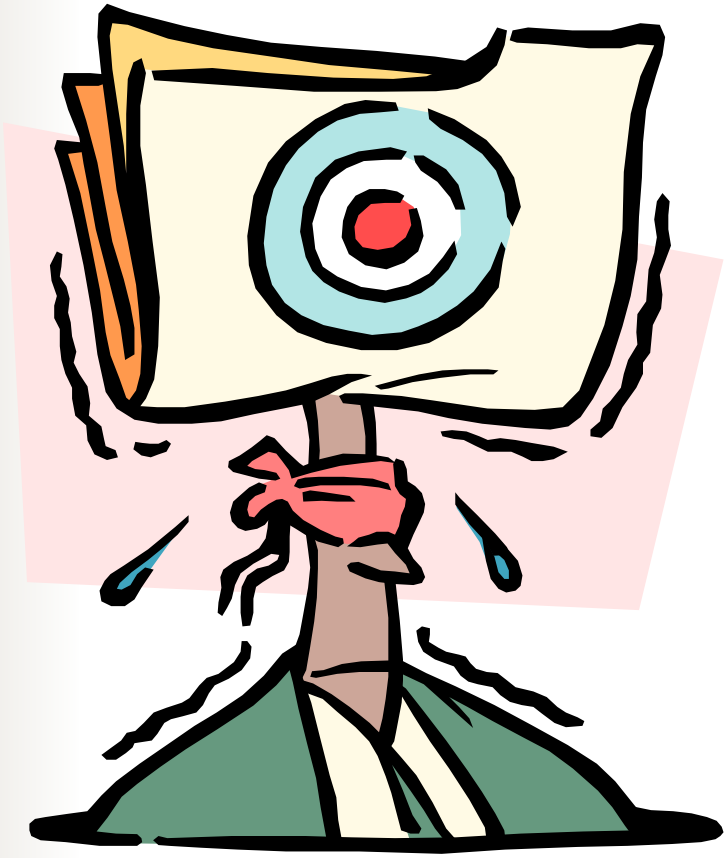
FINANCIAL MANAGEMENT

- DO A BUDGET, KNOW WHERE YOUR MONEY GOES…
- THE COST OF CREDIT….IF YOU RUIN YOUR CREDIT YOU MAY NEVER RECOVER.
- WATCH OUT FOR THOSE LOANING MONEY AND CARS “TO THE MILITARY” USUALLY HIGH INTEREST.

INSURANCE

- SGLI-UP TO 250,000..
- Q. HOW MANY DAYS ARE YOU COVERED AFTER YOUR SEPERATION WITH YOUR SGLI INSURANCE?
- A. 120 DAYS

STRESS MANAGEMENT



- FORMS OF ABUSE:
- VICTIM, EMOTIONAL, SPOUSAL, STALKING, CHILD ABUSE, SEXUAL ABUSE AND PHYSICAL ABUSE
- BE CAREFUL:::

STRESS MANAGEMENT

- REMEMBER: ACCEPT WHAT YOU CAN'T CHANGE, TRY AND HAVE A POSITIVE ATTITUDE AND KEEP YOUR PERSPECTIVE

TEST YOUR KNOWLEDGE

- Q. THE NAVY USES WHAT SYSTEM TO DEPOSIT YOUR PAY?
- A. DIRECT DEPOSIT SYSTEM (DDS)
- Q. WHAT IS THE PURPOSE OF FAMILY ADVOCACY?
- A. TO HELP WITH ANY TYPE OF EMOTIONAL, SEXUAL, OR ABUSE PROBLEMS

TEST YOUR KNOWLEDGE

- Q: WHAT IS THE MAIN DIFFERENCE BETWEEN PAY AND ALLOWANCES?
  - A: TAXES
  - GOOD LUCK ON THE EXAM